



The Coleman Journal

Vol. 35, No. 6, Thursday, December 24, 1970

- You Can't Cover Coleman Without The Journal -

Coleman, Alberta

Coleman May Be Asked To Oppose Railway Bid

Keep Crowsnest Coal Canadian Trail Alderman Tells Ottawa

A Trail, B.C. alderman may contact members of Coleman-town council—as well as other civic officials in the Crowsnest Pass—to seek support in his move to upgrade the Kettle Valley railway line and prevent shipment of East Kootenay coal by a United States railway.

Ald. Charles Lakes, in an interview with The Journal, said he has sent a brief on the issue to C. W. Rump, secretary of the Railway Transport Commission.

Ald. Lakes said support from Kootenay municipalities and chambers of commerce in British Columbia has already been asked.

"Coleman and the Crowsnest Pass could be effected by this also. I could seek support from the Coleman council as well," Ald. Lakes said.

He said his brief, prepared at the request of the Kootenay-Boundary Regional District, has received the backing of Kootenay-West MP Randolph Harding.

GIVES PROMISE

Ald. Lakes said Mr. Harding has promised to represent Kootenay communities at a hearing in Ottawa on the rail issue.

The hearing started Dec. 7 and is expected to last five or six weeks.

Also contacted, for assistance, by Ald. Lakes are Regional Expansion Minister Jean Marchand, Okanagan-Boundary MP Bruce Howard and Okanagan-Kootenay MP Doug Stewart.

WRITE NOW

Ald. Lakes said letters in support of the brief should be sent Mr. Rump as soon as possible.

"The presentation opposes shipment of East Kootenay coal for overseas export by an American railway. It strongly recommends the Kettle Valley line be upgraded to provide a second and alternate route to the superport at Roberts Bank," Ald. Lakes said.

An application has already been made to join the Kootenay and Elk Railway with the Burlington Northern Railway at the U.S. border.

MAY ABANDON

"It is disturbing to note a news item which appeared in The Journal of Commerce stating the Kettle Valley line is one of the branch lines that may be abandoned.

"This would seriously affect the economy of an area already designated as a slow growth area under the regional economic expansion department," Ald. Lakes said.

Rail business worth more than \$1 billion over the next decade is at stake in the hearing by the Canadian Transport Commission railway tribunal—where the CPR will fight it out with the B.C.-chartered Kootenay and Elk Railway backed by the U.S. Burlington Northern Railway.



JEAN MARCHAND
... contacted



RANDOLPH HARDING
... promises aid

Federal Funds For Lethbridge Under Incentives

(Special to The Journal)

OTTAWA—Regional Expansion Minister Jean Marchand, has announced that Moore Business Forms, of Vancouver, will receive an incentive under the Regional Development Incentive Act to assist in the construction of a business forms plant (which will create 85 new jobs) at Lethbridge.

The development incentive is based on a rate of 11 per cent of the total capital costs, estimated at \$2.4 million, plus \$2,900 per job.

Construction has already started.

A second Lethbridge project, expansion of the Kirchner Machine Ltd. farm equipment plant, will receive an incentive of \$13,000.

The expansion will create four jobs and involves capital costs of \$220,000. The development incentive is based on a rate of 20 per cent of the approved capital costs.

Construction is scheduled to begin this month.

LT. GOV. GRANT MacEWAN 1970 CHRISTMAS GREETING

For Christmas and new year, I offer my warmest greetings to all. I hope that wherever possible families will be reunited and the homecomings will be happy experiences.

May the Christmas appetites be big and the Christmas tables loaded with good Canadian food, for which we should not fail to be thankful.

I hope there will be music and fun and good cheer. I hope there will be pause to reflect upon those Canadians and others who are not so fortunate as to enjoy the traditional Christmas pleasures.

Our thoughts should go out to those whose means will not allow the full enjoyment of the holiday season and to those whose poor health places them in pain or distress.

We should think of those whose duties in essential services require them to be at work or far from home—and those in the world's troubled spots where violence is a constant danger.

Indeed, all of us should ask ourselves if this Christmas finds us any nearer the cherished goal of peace on earth than the Christmas seasons of other years.

We could, with benefit, consider an even broader and better peace on earth than the one we commonly talk about.

I hope we shall see the day when the guns used in human warfare are silenced completely but I hope for more because I find it difficult to understand how there can be the desired peace among men while mankind keeps up a form of warfare with nature and all that belongs in the wonderful natural neighborhood of which I, as a human creature, am a small and rather insignificant part.

It is the mighty natural complex which includes people and animals and birds and bugs and water and soil and flowers and trees and minerals and so on.

If I seek a genuine peace on earth, I should be living in such a manner that I commit the least possible offence against any of those wonderful forces of creation.

When we say merry Christmas, may our thoughts be for a peace that will see man assuming the noble role of peace-maker (rather than troublemaker) in nature's wonder-filled neighborhood.

DIDSBURY MAN UNIFORM V-P

Richard Page has been elected as Uniform's vice-president to represent the direct membership side of the organization.

Mr. Page, who was opposed by Bill Nicol, Uniform's Region 14 director, farms near Didsbury and serves as chairman of the Alberta Hog Producers' Marketing Board.



HENRY RUSTE
... agriculture minister

LEGION LISTS 1971 OFFICERS

Robert Langille has been named president of the Royal Canadian Legion, Coleman branch, for 1971.

Mr. Langille was elected at a meeting held Dec. 15, and will be assisted during the new year by: Tony Coccilone, first vice-president; John Russell, second vice-president; and directors Stanley Tarabala, Doug Skinner, Joe Myrick, Jack Kretzner, George Meredith, Nick Cyke, Mel Taja, Edward Taja, Walter Bedzinski, Ted Dreja, Norman Hammer and John Stomick.

Installation of the new executive has been scheduled on Boxing Day, Dec. 26, at 7 p.m. Zone Commander Harry Freeman and Commander Rusty Owen will attend Saturday's meeting.

PREMIER HARRY E. STROM 1970 CHRISTMAS GREETING

It is a pleasure for me to extend, personally and on behalf of the government of Alberta, sincere and hearty greetings to each and every citizen of this province.

The time has once again come when we pause to reflect on the meaning of life, and to commemorate the birth of the Prince of Peace, the Christ, who gives meaning to life itself.

As we celebrate Christ's birth let us remember that He came to bring peace in our hearts and to avail to each of us the opportunity for everlasting life.

The words of men cannot improve on the message voiced by the heavenly choirs when they heralded His birth in Bethlehem.

They sang "peace on earth, good will towards men" and their song has echoed and re-echoed in the hearts of men throughout the world ever since.

Though the fulfillment of that ancient promise may seem beyond our present reach, and though we are often confronted with fears and doubts, its ultimate realization is assured to all who recognize that peace and good will among men is inseparably linked with allegiance to Him and to the continuing application of Christian principles in our daily life.

The past year has been marked by events, at home and abroad, which give greater magnitude and added importance to the age-old problem of human relationships; relationships between men and nations; and more importantly, relationships between men and their God.

Slaughter House Meat Inspection Asked by Veterinary Association

The Alberta Veterinary Medical Association has asked the Alberta cabinet to institute a program of meat inspection for small slaughter houses in the province—which do not, and cannot meet federal standards.

At the moment Alberta is the only province west of Quebec without a provincial meat inspection act.

The association recommends the veterinary services division of the department of agriculture supervise meat inspection.

It claims only the veterinary profession has sufficient knowledge of animal diseases to effectively supervise inspection. The program would not interfere with farmers' custom killing their own meat and could be available for hunters who wanted inspection of game animals.

About 20 per cent of the meat consumed by Albertans either has not been inspected or comes from plants without sanitary supervision.

Inspection would allow operators of locker plants to negotiate sales with meat retailers.

The association also wants the provincial government to establish an animal health research institute.

COUNCIL BRIEFS

The 1971 budget of the Oldman River Planning Commission has been discussed with members of Coleman council.

Because of an increase in new members, the Town of Coleman requisition for the new year is \$640.

Constable Vern Otter presented his November report to council, and demonstrated the new radar system to councillors.

The Preventive Social Services of Coleman will withdraw from the PSS program.

Officials of the municipal affairs department have asked Coleman council to provide a general assessment in 1971.

Council will make the assessment in the new year.

Suspensions

Highways Minister Gordon Taylor has reported 43 persons had their licenses suspended during November under the demerit system.

This brings the total of suspensions since the beginning now to 127. During November, 708 court-ess notices were sent out.

DON'T be nutty with a Christmas Tree!



The Canadian Standards Association warns against careless use of Christmas trees and lighting. Use a fresh tree, keep the butt immersed in water, and check old tree lights for frayed wires. Make sure tree lights you buy have the CSA mark of approval, your assurance that they are safe from fire and shock hazard.

Women's Page

ANNE WRIGHT BEAUTY NOOK



What with velvet chokers, dog collars and rows and rows of beads, more and more attention is being focused on a woman's neck.

And a woman's neck, regardless of how youthful-looking her face might be, can betray her age as quickly as her hands.

Last week I spoke about the importance of caring for your neck as carefully as you care for your face with skin cleansers and moisturizers.

Today I'm going to describe a few exercises which tone the neck muscles and help prevent wrinkles and the eventual double chin.

It's important to remember, of course, that your neck isn't an isolated object. A regal neck is all part of having a pulled-up posture and standing and sitting tall.

So practise putting your weight evenly on both feet. Tighten your stomach and derriere muscles. Lift your rib cage, keep your shoulders down, your back straight. And then it will just follow naturally to keep your head high and straight and uplifted from your spine.

A regular exercise program is naturally a terrific aid to good posture.

Here's a good exercise to firm the muscles in your chin and throat: (a) Sit on the floor with your knees pulled up to your chest, back absolutely flat, and your head slightly tilted forward; (b) Stretch your neck up and drop your shoulders down. Now slowly lift your chin high, then slowly drop your head back; (c) Pull your head as far back as possible and open and close your mouth slowly — this exercise even feels like it's working; (d) Now bring your head forward again with your chin leading the way. Repeat 4 or 5 times.

If you've got rounded or stooped shoulders, you can help correct this by stretching your shoulders as high as possible while pulling your chin in towards your chest, then pulling your shoulders as far down as possible and lifting your head as high as you can. Do this exercise slowly six to 12 times.

To alleviate a tense feeling at the back of your neck, sit on the floor with your back flat, your legs stretched out apart in front of you, and with your body at right angles to your legs. Now push your heels forward, your toes back, and your shoulders down. Holding your chin high, rotate your head slowly from side to side — you'll actually feel it stretching your neck. Now keeping your shoulders down, look as far up and over each shoulder as possible. Repeat six or seven times.

If you've got rounded or stooped shoulders, you can help correct this by stretching your shoulders as high as possible while pulling your chin in towards your chest, then pulling your shoulders as far down as possible and lifting your head as high as you can. Do this exercise slowly six to 12 times.

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If you DRIVE don't DRINK . . .

. . . If you DRINK don't DRIVE

Sock it away 'til Christmas, then buy yourself something nice and convenient

(like an electric blanket!)



For Electricity For Convenience!



Letters to the Editor

COLEMAN GROUP DONATES \$383

Editor
The Coleman Journal
Coleman, Alta.

Dear Sir,

The Coleman Order of the Royal Purple Cross for funds on behalf of The Canadian National Institute for the Blind is again gratefully appreciated.

Our official receipt for \$383.66 has been forwarded.

Did you know that our CNIB service centre at 1260 Memorial Dr., N.E., Calgary houses a comfortable residence for 41 blind persons, a workshop in which blind people can be assisted and find part-time employment, and a spacious auditorium which is utilized by the members of the Calgary club of the blind and their sighted escorts for their recreational activities?

The proceeds from the Coleman canvass continue to provide these and many other services to the blind of southern Alberta.

May we take this opportunity of extending a cordial invitation to visit our centre and see our services in action.

Yours truly,
DONALD E. JONES
Field Secretary
Calgary, Alta.

THOUGHTS ON CHRISTMAS



By REV. BOB SMITH

My family and I are experiencing the coming of Christmas in a new, but very beautiful setting here in the Crownest Pass. We are also experiencing much of the warmth and excitement that goes with the anticipation of this coming event.

Christmas is a time that usually brings families together for a form of celebration. We anticipate many families will be brought together to discover new relationships.

Perhaps many people throughout the world will discover new ways to communicate with one another. On the whole we may find new and different meaning for Christmas, as we express ourselves with gifts bringing forth the joy and happiness of life.

We ought to recognize that we do live in a world where much of the tensions of living are experienced in daily life. We find we have ungrounded fears and unexpressed hostility. Much of the time we are not aware of the whys.

We find sound relationships begin to deteriorate. Often the persons involved are "at sea", not knowing for certain what is happening or what is going to happen to them.

Thus, Christmas can be a very lonely event that brings hurt and pain.

In the event of Christ's birth, through His life and death, we look for the power of healing that will unite relationships rather than destroy them.

This power may be brought about in many ways that are concrete in form — through the willingness to face ourselves and our feelings with each other, through prayer, through putting aside our pride, in humility, to see what it would be like if each of us experienced the reality of forgiveness.

As we move from Christmas to the new year it is my hope and prayer that we in this Pass area will find common ground in which to do our work and to spend our leisure.

May we find our own relationships strengthened through Christ being borne by our lives.

May Christmas be the starting point that will give us a vision of why we are here together.

May Christ grant to you the joy, peace and love that Christ's birth expressed so many years ago. May we move in harmony in the coming years, acknowledging that we do exist for each other, brought together by the sharing of Christmas.

Lions Bingo

Winners of the latest Coleman Lions bingo are:

Turkeys — Bill Dowad, Dora Kroll, Mrs. Berzeng, Isabel Spivak, Polly Snowden, Laura Sharpe.

\$50 — Sophie Lepacek.

\$17 — Mrs. Balewiyeh, Amie Dorusak, Alben Michels.

\$12 — Carol Thurston, Mrs. D. Johns, Mary Atkinson.

\$10 — Mrs. Pisony, Bill Donald, Mrs. J. Karasz.

\$8 — Francis Cote, Bill Donald.

\$5 — Cliff Leitcher, Muriel Runzel.

\$4 — Marg Gellamare, Marg Schultz, Irene Letard, Jack Nelson, Annie Dorusak.

Crowsnest High News

By DEB RITCHIE

The month of December has been full of activities and is flying by. We are trying to raise money for the Cup of Milk Fund, but have not yet been too successful.

The school board has given us the merchandising room for a student lounge. Furniture was donated by students.

There are certain restrictions, and if they are not obeyed, an offending student will be tried by the student court.

Our senior basketball team played against Lundbreck Nov. 27. Our girls won this game.

A pep rally was held Dec. 9 in our school gymnasium. The senior cheerleaders introduced us of the new way in which they will dance.

That night, our senior team played against St. Michael's. Both our girls and boys were victorious.

Dec. 18 our senior boys played against the Harkins Aces. The next day, Dec. 19, the senior boys participated in an all-boy tournament at Bow Island.

Junior basketball start-d No. 28 with an opening tournament at Pincher Creek. Our junior girls won consolation.

Dec. 10 our junior boys played against Lundbreck and won.

Our Christmas dance was held Dec. 23 with the band "The Key" playing. We would like to thank the teachers who agreed to supervise that dance.

Dec. 12 there was a curling bonspiel in Coleman.

This is all the news for now. I hope you all have an enjoyable Christmas holiday.

PRESIDENT

Charles Price has been elected president of the Pincher Creek-Crowsnest Conservative Association.

Mr. Price will be assisted by an executive of: Alex Wall, vice-president; Ron Zukowsky, secretary; John Jackson, treasurer; and George Wall, past president.

Directors are Jeff Huga, Harold Hogan, Bernard Smith, Herbert Lynch-Staunton, Betty Slopek, Alex Grant, Bill Davidoff and Gus Erickson.

answer your
CHRISTMAS SEAL
LETTER TODAY!

Drive Safely
At Christmas

Coleman Elks CASH and PRIZE

BINGO

in the
Elks' Hall, Coleman
on
JANUARY 8, 1971 — 8 P.M.

ADMISSION: \$1.00
12 Games — Bonus Cards 25c

57 Numbers \$150.00

Two \$25 Jackpots To Go

\$10 Extra Bingo Card

Winner to receive \$2 extra for each extra card he holds.

9 OTHER CASH GAMES

NEXT COLEMAN LIONS

★ BINGO ★

Wednesday
DECEMBER 30, 1970
ELKS' HALL - 8:00 P.M.

6-\$10.00 Cash — 4-\$15.00 Cash
2-\$25.00 Cash — 1-\$50.00 Cash
1 Extra Prize Game

\$35,000 in 7 Numbers

If attendance is 140 or more — will play extra \$25.00 cash game

KNOW YOUR CHURCHES

Coleman Christian Assembly
Family Bible Hour—11 a.m.
Lord's Supper—12:30 p.m.
Evening Service—7 p.m.
Holding Fast the Faithful Word—Titus 1:9
Holding forth the Word of Life—Philippians 2:16

St. Paul's United Church
Worship Service—9:30 a.m.
Christmas Eve Service, Thursday, Dec. 24—11 p.m.
Rev Bob Smith.

KROPINAK'S GENERAL STORE SPECIALS

PHONE 563-3803 — Good Dec. 17 to Dec. 31 Inclusive — COLEMAN
"We Wish you all a Merry Christmas and a Happy New Year!"
ALBERT, HELEN and STAFF

★ M-E-A-T-S ★	★ G-R-O-C-E-R-I-E-S ★
Grade 'A' TURKEYS All Sizes 49c Lb.	GRAHAM WAFERS 2 For 79c
Fully Cooked HAMS Whole or Half 59c Lb.	CANNED POP 10 Tins 89c
Finest Ham SAUSAGE From Winnipeg \$1.49 Lb.	AYLMER FRUIT COCKTAIL 14 Oz. 2 Tins 69c
FRESH IN STOCK • PARTY SAUSAGE PEPPERONI • GENOA SALAMI	HEINZ KETCHUP 11 Oz. 2 For 59c
	TOPS DOG FOOD 9 For \$1
	ALLEN'S DRINKS 48 Oz. 3 Tins \$1
	CRANBERRIES 2 Tins 49c
	MUSHROOMS Stems and Pieces 3 For \$1
	BUTTER Lb. 74c
	CANNED MILK All Brands 5 Tins \$1
	FIREWORKS Family Kits \$5.00, \$3.95, \$2.95 AND ALSO FIRECRACKERS Toys — Candy — Gifts

Don't Go West

Recent developments in California suggest that, for the present anyway, the word is "Don't Go West Young Man." California, it should be noted, has attracted about one-third of all Canadian emigrants to the U.S. during the past decade.

Three major metropolitan areas in California recently reached jobless rates of 6 per cent pushing west coast unemployment near 7 per cent. The national rate in the U.S. is now 5.5 per cent, highest in seven years.

The three California areas categorized by the U.S. Labor Department as having "substantial" jobless are Los Angeles-Long Beach, San Diego and San Bernardino-Riverside-Ontario.

Two facts of much significance to would-be emigrants to California:

- Increasing numbers of jobless married men are forcing up the west coast unemployment rate. More such job-hunters are now coming from white collar, skilled trade, and professional ranks.

- In areas such as Palo Alto, where the lagging electronics and defence industries are located, research personnel — many with Ph.D.s — are being shifted to work on production lines. Those unwilling to shift downward are being let out.

At Fairchild Camera, for example, total employment has dropped to 17,000 from 23,000 at the beginning of the year. Half the firm's research and development division has been transferred to jobs in its semi-conductor factory.

The Best Preventive

From the beginning it has been made plain both inside and outside the federal government that the restrictive implications of the War Measures Act are aimed, not against separatism as such but against revolutionary subversion and overthrow of government by force.

The point was put in a nutshell by Professor F. R. Scott, one of Canada's top constitutional authorities. He said:

"The legitimate activities of the Parti Quebecois, which aims by democratic means to prove that the majority in Quebec is in favor of independence, are not in question now. It is distinct from the FLQ and its activities and is not rendered illegal by the proclamation of the War Measures Act."

Rene Levesque of the Parti Quebecois has had free rein throughout the FLQ crisis and as long as he is allowed to speak out freely it will be hard for Canada's detractors to maintain that democracy has been stifled in this country—even if some papers in France bemoan "separatism's setback."

It is also being widely recognized across the country that Quebec is going to need more help from the federal treasury to combat such economic ills as unemployment, help which should receive the willing support of other provinces.

Revolutionary anarchism feeds upon economic discontent and Quebec is more vulnerable to it than other provinces because the revolutionists can cloak their real aims with a spurious nationalist appeal.

The best shield against revolutionary overthrow is a prosperous Quebec.

This happens also to be the best preventive against separatism of the legal, democratic brand wherever it may be found in Canada.

Reckless Report

When the federal government unveils its long-awaited policy statement on foreign ownership in the current session, there is some evidence that it will disregard many of the extreme proposals made to it in the recent report of the Commons Committee on External Affairs and National Defence.

If this is in fact, the outcome, so much the better for Canada. The final report of the committee was shot off in reckless haste. There is substantial doubt, moreover, that it really reflects a consensus of the committee.

The official proceedings of the committee certainly sound mighty odd. Many of the committee's 30 members were unable to attend the final meetings held in late July and some were under the firm belief that nothing final would be approved until most members were back in Ottawa in the fall.

On July 27, when the final report was approved, the committee held a morning and afternoon session. There were 10 members at the morning session. In the afternoon the membership was increased to 17, just enough to make up a quorum. Five of the 17 were replacement MPs for permanent members who could not attend.

THE COLEMAN JOURNAL

THE ONLY NEWSPAPER IN THE WORLD THAT
GIVES A DAMN ABOUT COLEMAN

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THE COLEMAN JOURNAL

Page Three — Dec. 24, 1970

CHUCKLE OF THE WEEK



"Do we have any anti-Christmas cards?"

OTTAWA REPORTS



By ALLEN SULATYCKY, MP
Rocky Mountain

For most Canadians it provides no changes.

There will be no tax increases and no tax cuts. All measures proposed in the budget are obviously willing to place their bets on Canada. My strong advice to Canadians everywhere is that there is no better bet."

It was a confident budget, which showed that Canada's economy was headed in an upward direction.

Mr. Benson concluded his budget address by saying: "Investors from all over the world are obviously willing to place their bets on Canada. My strong advice to Canadians everywhere is that there is no better bet."

In the relief engendered by Mr. Cross' release, most Canadians were ready to agree with his advice.

Canadians everywhere were relieved when James Cross was released unharmed by his kidnappers, and a national nightmare came to an end.

This happy event was the highlight of a week which gave the newsmen plenty of material.

John Munro, minister of national health and welfare, started off the newspapers' days with the tabling of long-awaited White Paper on social policy.

The proposals in the paper are intended to make Canadian social assistance schemes more rational and to direct the greatest degree of assistance to those who are most in need of it.

Briefly, it is proposed to raise old age pensions, so that a single old person has an income of less than \$135 per month. All qualified married couples will be guaranteed \$255 per month.

In addition, improvements in the Canada Pension scheme are suggested.

The system of family allowances is also recommended for revamping.

It is proposed to cease paying allowances to those whose total income exceeds \$10,000 per year. Benefits under the program will be increased for those with lower incomes so that families with a total income of less than \$4,500 will receive \$16 per child; those with \$4,500 to \$10,000 will get \$5 per child, and other earnings groupings will be scaled between the upper and lower levels of payments.

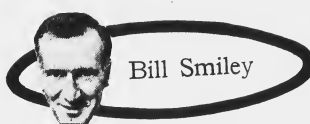
Of welfare payments generally, the paper states that the federal government is anxious to discuss with the provinces how such assistance can be changed so that it will be undeviating in the future of the criticisms now prevalent.

Later in the week, J. E. Dube, minister of veterans affairs, announced important changes in government's programs for veterans.

Most of the recommendations for improvement made by the standing committee on veterans' affairs will be implemented.

Veterans who have a disability will be given an across-the-board increase of 10 per cent. In addition there will be a 15 per cent increase in Veterans' Allowance rates and an equivalent increase in income ceilings.

The next day, while Mr. Cross is being watched by the public's first hours of a committee which prepared the budget for the following month, the House committee's instructions.



Bill Smiley

Life's Problems Add To Its Delights

During his span on earth, unless he is an ostrich, every man is alternately appalled and delighted with life. Perhaps that's one reason the idea of a paradise on earth will never truly appeal to the multitudes. It would be too bland.

In theory, a life without pain, hunger, disease, cold, war, would be embraced by all. In practice, we shun such an existence, even though it could be achieved if all of humanity wanted it badly enough. It would lack spice. And sugar.

Probably that's why the great novels about a utopia are basically satires on man. From More's "Utopia" to Golding's "Lord of the Flies," outstanding writers have portrayed utopia as a paradise smeared by good old human nature, or bad old human nature, if you will.

At two different periods in my life, I lived in an ordered society. They were sort of mini-utopias.

One was in prison camp. We had complete socialism. Everyone got the same amount of food, drink and time in the latrine. There was complete freedom of speech. Everyone shared the duties and chores of the community.

Another was in a sanatorium. We were treated alike, whether ex-private in the army or ex-officer in the air force. Same food, same rules, same shots in the bum for all.

And in both cases, we loathed it. All we wanted to do in both institutions, was to get out, to get back to the sinful, sordid, disordered, cruel, kind, hurtful, blessed life of the human individual in a crazy society.

If you don't have moments in life that are appalling and delightful, squalid and splendid, you can't stop reading now. Close your eyes, throw your arms and lie down. You're dead, and you might as well be comfortable.

When I stop being appalled or delighted by life, I will do what so many kids do: I will start sniffing nail polish remover or taking speed. Perhaps that is why they do it.

Well, what's to be appalled or delighted about these days? Plenty. The list is endless and you can make up your own.

I am appalled by the Viet Nam war, surely the most senseless since the Hundred Years War. Nobody is winning, nobody is losing, nobody knows who will wear the crown if the stupid thing ever ends.

I am delighted that all my storm windows are on, 80 per cent of my leaves are raked, and that there is oil in the tank and food in the freezer.

I am appalled at the successor to the War Measures Act, which is completely unnecessary unless there is a book of a lot more going on than that the government never admits. My appallment reaches shock levels when I think that a cop could enter my house, ask me if I'd changed by socks in the last week, and throw me in jail if I hadn't.

I am delighted that my daughter still loves me so much that on the weekend she allowed me to furnish a new winter coat, new boots, a push dinner and an expensive show without once mentioning the generation gap or saying: "Dad, there's no way you could understand."

I am appalled at the prices charged for said dinner, and the amount of food wasted, to go to the pigs. Why can't expensive restaurants give you a half-portion at half price on a little more, instead of assuming that you are a hog?

I was delighted, next morning, with breakfast in bed, but appalled at the 60 cents for a glass of orange juice and 30 cents each for muffins. Plus tip.

I am appalled at the manners of many young people, and delighted with their courage and compassion.

I am appalled by the traffic in the city, and delighted when I can park illegally and not get caught. Life is a balance. Appalled, lighted. Such are the children of the earth. May you long be one of them.

Doug Smith's NEWS

LOOK BACKWARDS - THEN FORWARDS

Much of the familiar is disappearing from our present. The old must always make room for the new. But before the old fades completely from view I would like to pay tribute to its strengths and regret its discontinuity for future generations to enjoy.

Of all the strengths of the past that is disappearing one of the saddest demise is the loss of our hero worship symbols.

Question many of them as you may they gave heart, strength and courage in time of great need. Perhaps great need will re-appear again and with it the resurgence of new symbols.

We seem to live in a society in which there is a void of symbols. An era when it is popular to denigrate the symbols of the past without replacing them with anything of equal substance.

I cry not for the passing of my hero Frank Merrill or the adventurous spirits in The Twin Boys Own Annual. But I cry for the missing substance of their virtues.

I find little virtue in the land. A tribe, any tribe without virtue as a central core is bound to live in disunity and in personal isolated loneliness.

I wonder if this be one of the missing links in our lack of pride

in being Canadians. For I see very little of it in my travels.

The Englishman has it, the Frenchman, the German, the Russian and the Japanese.

Could it be because they have married the glories of the past with the potential of the future?

The war brought some of it to us. Remember that song "Red, white and blue, what does it mean to you? Surely you're proud, shout it aloud!"—sure it was nationalistic—but what's wrong with some national pride?

I only wish we could instill some similar fervor into our O Canada instead of the public rendering we give it like robots repeating lines of verse. Even God Save the Queen is sung with gusto.

Sung it seems as still dutiful colonial soldiers and not as grown up Canadians exercising the international responsibilities of an adult democratic people.

We live in a time wherein we have lost the ability to worship greatness or to perceive men and things for their true greatness. The market place of money is still worshipped, as it has been for centuries and probably will be for generations to come.

But history over the years has produced thousands of men who died leaving millions in gold behind them. Who today can name or remember them?

Religious beliefs are considered by many to be passe. Arrows of scorn pierce through the myths of the ages tearing apart with demonic glee that these beliefs were for the poor, the unenlightened, the superstitious and the stupid.

Yet in their so-called brilliance they fail to see the strengths that lie behind the symbols. The strengths which enable those to endure who have faith in "something" while others collapse because they hold no beliefs of any worthwhile kind.

It appears popular to ignore the symbols of the past based on the premise "that I am searching for my true self." It's all there for you, written by many great men whose symbols you ignore.

Read the Old Testament, the New Testament, they tell you all you will ever need to know about your true self.

With it you will find yourself truly humble and from this humbleness you will discover greatness.

★ HOROSCOPE ★

THIS IS YOUR LIFE

BY TRENT VAKRO

ARIES — March 21 to April 20 — You can learn a great deal if you'll listen to the "right people". You probably won't, but the doors are open now to profit by studying the experiences of persons that have been "through the mill".

TAURUS — April 21 to May 21 — The position of the planets now will tend to increase your importance in the eyes of the world. If you make the mistake of stressing your "rights" you'll only make trouble. Take things as they are.

GEMINI — May 22 to June 21 — Benefits in the zodiac are acting strongly now for Gemini persons. You will probably find that these benefits come immediately, and in a very concrete form. Don't spend foolishly.

CANCER — June 22 to July 22 — Don't "put the cart before the horse!" There's an indication that you will tend to do the wrong things first. This will only make a lot more work for you later on. Otherwise, your chart is good.

LEO — July 23 to August 22 — A remarkable change in your future is building up. This "change" is definitely for the better. It may take a little time for you to see this. Others will see it before you do.

VIRGO — August 23 to Sept. 22 — You are fortunate Virgo in that everything seems to be pulling for you now. This can bring untold gain in many walks of life. A most serene outlook on life changes the entire course of your life.

LIBRA — Sept. 23 to Oct. 23 — The chart for Libra somewhat resembles the outlook for Aries this week. There is only one adverse aspect but this is of minor importance. Activities may be slowed up considerably.

SCORPIO — Oct. 24 to Nov. 22 — Take a good long look at what you have accomplished in the past and see if there isn't some way you can improve your life. The planets are with you now giving great support to worthwhile ventures.

SAGITTARIUS — Nov. 23 to Dec. 21 — Some VERY interesting surprising developments are due shortly. You have worked long and hard for something, and now is when your rewards are due. This will take a variety of forms, depending on the year of your birth.

CAPRICORN — Dec. 22 to Jan. 20 — The upsetting period you have just faced is rapidly receding. The "new starts" that you have probably made by now should be working out very well indeed. Face the future with confidence.

AQUARIUS — Jan. 21 to Feb. 18 — Communications may have just "fouled up" still, but your horoscope chart looks a lot better than it did a week ago. Use the wisdom that you've gained in the past to smooth things out.

PISCES — Feb. 19 to March 20 — You may be faced with much added responsibility at this time but it's a wonderful time to "better yourself". News from afar may make the entire course of your life.



THOUSAND GAMES — Veteran Johnny Bucyk, 35-year-old left-winger with the Boston Bruins, recently celebrated his 1,000th National Hockey League contest with a six-point night against the Buffalo Sabres—as the Bruins won 8-2. With this feat, Bucyk was presented a \$1,000 bill by the Bruins' management, before the game, in recognition of his playing in that many regular season contests. Bucyk is now in his 16th year in the league. Bucyk has always been a consistent scorer and performer with the Stanley Cup Bruins, even perennially occupied the NHL cellar. Last year with the Bruins, Bucyk amassed 69 points on 31 goals and 38 assists. This total made him the fourth leading scorer on the club's roster. Only Bobby Orr, Phil Esposito and Johnny McKenzie ranked ahead of him.



FIGHT TB-RO

BOXED IN—FOR ACTION

By HERB STANTON
Former Coach
Kimberley Legion
Sr. Boxing Club

With the boxing season in full swing, many Kootenay clubs will be participating as soon as dates can be arranged.

CRANBROOK Eagles' Club has created plenty of interest in the sport for the last two years—and has developed several promising boys.

Chief coach Mike Moore is responsible—with his assistants, Willie Benall and his current star boxer in the 165 pound class—and is considered a good prospect for this calibre of amateur boxing.

CRESTON interest has dropped considerably—but for the efforts of Fred Ryckman and others.

Fred has converted his basement into temporary training quarters... and so far has attracted eight to 10 juniors and seniors for a twice a week schedule.

A very good prospect, Chris Luke, is working out twice weekly under the watchful eye of Fred. It is hoped to increase the numbers of those training before the new year. There must be others interested!

Creston, in the past, has turned out some very capable amateur boxers. There is no reason why this interest should not be sustained with modern equipment and the best coaching facilities.

Potential boxers are always welcome each Monday and Wednesday at 7 p.m. Bring your own towel and equipment.

5 p.m. and Thursdays at 7 p.m. in the Isabelle Selton School. Club manager Trevor Slapack will be assisted by head coach Harold Ganske.

GOLDEN is again interested and is expected to stage boxing cards during the season.

KIMBERLEY has about 50 juniors registered to date with Spike Heckley coaching at the Old Scott Hall in Lois Creek.

President Sam Murray will assist in various capacities, along with his aides, to keep the ball rolling.

Watch for a Cranbrook boxing card in the near future.



A Very Merry
Christmas and a
Happy New Year

COLEMAN JACK

Helen and Jack

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BY-LAW No. 387

of the
TOWN OF COLEMAN

A By-Law of The Town of Coleman For The Purpose of Controlling the Operation of Snow Vehicles Within the Town of Coleman Boundaries:

PURSUANT to Section 14 of an Act respecting Snow Vehicles, the Council of the Town of Coleman enacts as follows:

(1) THAT maximum speed of all motorized snow vehicles when operating in alleys or crossing streets be not more than 10 miles per hour.

(2) THAT no motorized snow vehicles shall operate on any street or avenue within the Town of Coleman with the exception of crossing from the exit of an alley to the entrance of an alley.

(3) THAT permission be granted for any motorized snow vehicle to operate in any alley within the Town of Coleman for entrance or exit only.

(4) THAT no motorized snow vehicle shall operate on the Parks, School Grounds, or any other vacant area within the Town of Coleman with the exception, for the purpose of Exit or Entrance to the said Town.

(5) THAT the hours of operation within the limits of the Town of Coleman be from 7:00 A.M. to 10:00 P.M. and all motorized snow vehicles must cease to operate by 10:00 P.M.

(6) THAT for the purpose of this By-Law the creek bed be considered the same as an alley.

(7) Notwithstanding Section 4 of this By-Law, Council having received a request in writing, may by resolution grant permission for the operation of motorized snow vehicles in a designated area within the Town of Coleman.

(8) Every person who contravenes this By-Law is guilty of an offence and is liable to summary conviction.

(a) for a first offence to a fine of not more than \$50.00 and in default of payment to imprisonment for a term of not more than 30 days, and

(b) for a second offence to a fine not greater than \$100.00 and in default of payment to imprisonment for a term of not more than 60 days.

READ A FIRST AND SECOND time in Council this 24 day of FEBRUARY, A.D. 1970.
GIVEN THIRD READING AND FINALLY PASSED IN COUNCIL THIS 10 day of MARCH, A.D. 1970.

JOHN HOLYK
Mayor

CLARENCE SCHILE
Secretary-Treasurer

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and

Red's Coffee Bar

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